SIMPLE COMBINATION DINNERS

Simple combo's utilizing store bought ingredients seasoned to your tastes - read labels & be creative!



Easy Miso Soup

Box of Miso Soup Block Cooked & Season Tofu Bag Frozen Riced Cauliflower Stir Fry Mix



Simple Chowder

Box of Prepared v-Soup Can Cannellini Beans Can Corn (both drained)



Hearty Ramen Package Ramen Noodles

Vegie Bullion of Choice Sauteed Zucchini & Shredded Carrots Block Cooked & Season Tofu



Simple Chili

Can of Veg Chili Packet White or Brown Rice Optional Toppings: Diced Onions, Pickled Jalapeno's, Crackers, v-Sour Cream



Mashed Bowl

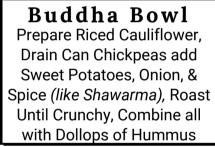
Package v-Mashed Potatoes Drained Can Corn v-Chicken Nuggets Prepared v-Gravy (purchased or made, see Sauces PMG)



Sushi & Dumplings To-Go Purchase at Market v-Avocado or Cucumber Rolls Possible More Choices - Just Read Ingredients Quick Cook v- Tofu Dumplings with Gyoza Sauce

Pizza Premade or Frozen Crust Pizza Sauce or v-Pesto *Topping Options:* Sauteed Veggies of Choice, Olives, Sliced Cherry Tomatoes, Oregano









Dinner Omelet Sauté Veggies of Choice (like onions, peppers, mushrooms) Scramble in Container of JUST Egg Optional v-Cheese on Top Side of Hashbrowns

Gyro Package of Pita's, Warmed v-Gyro Meat, Prepared Sliced Red Onion Sliced Tomato v-Tzatziki (purchased or made, see Sauces PMG)



*Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.

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